

Dawat-e-Kashmiri Chai  
Recipe+Instructions  
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2022

*Kashmiri Chai aka Sabaz Chai for 4 persons-:*

### **Ingredients**

- Kashmiri Chai loose tea leaves (We used a brand called Handi, easily available at Iqbals Food Store in the Thorncliffe neighbourhood)
- 12 pods of cardamom
- 4 cups of water
- ½ tsp baking soda
- ¼ tsp Himalayan pink salt
- Full fat milk OR a plant based milk of your choice. If using a plant based milk, we recommend almond milk

### **Instructions**

- Take 3 tbsp of tea leaves and bring to a boil in 4 cups of water for at least 45 mins
- Add 3 cups of cold water OR a handful of ice cubes
- Continue boiling for 30 mins
- Take a ladle and aerate the Chai by following the motions by Shahina Khan in the video
- Continue aerating for at least 30 mins
- Add 1 cup of cold water OR another handful of ice cubes
- Aerate the Chai for another 10 mins
- Heat up the milk in a separate pan
- Add 6 pods of cardamom to the milk and simmer on low heat
- Take the boiling Chai and pour in bits into the milk, through a tea strainer
- Continue dropping the Chai into the milk, until the desired colour is achieved. In our home we did not use pink food colouring or rose syrup, like many people do today to achieve a hyper pink. Kashmiri Chai is more of a dusty rose, very light pink, with off-white tones, that are further activated through the textures and colours of nuts.
- Before tea-cups emerged on the scene, we drank our Kashmiri Chai out of bowls. We recommend drinking your Kashmiri Chai from small bowls.
- Sweeten to your heart's content with brown sugar or whatever sweetener you prefer
- Garnish the Kashmiri Chai with crushed pistachios, almonds and/or any other nuts you prefer
- Drink hot

*Traditionally, Kashmiri Chai was consumed in the morning. Some liked it sweet, while others liked it salty. It was only served once a day. It was made at home. Nowadays Kashmiri Chai is usually served and consumed on special occasions, like wedding banquets, and is often acquired from the bazaar, due to the labour of love that goes into making this unique and delicious tea from South Asia.*